

# Hyde County Hotline

**24 Hour Crisis Line 252-925-2500**



## 'My Friend Told Me She's Being Abused'

May 2015

### The right and wrong thing to say at this moment

Your best friend, sister or coworker has just entrusted you with a serious confession: She is being abused by her partner. She didn't know who else to turn to, she says. At this pivotal moment, you want to say the exact right thing, but all you really want to do is tell her, in no uncertain terms, to GET OUT. Janice Miller, director of client services at House of Ruth, an intimate partner violence center in Maryland, explains why this isn't exactly what the survivor needs to hear right now.

"The goal in this conversation is not to get her to leave—the goal is to make sure she feels heard and validated.

**The most important response a friend or family member can give is, 'I'm so sorry this is happening to you.' Acknowledge that this is a terrible thing they're expressing."**

Then, you can share your concerns, says Miller, by saying something like, "I really want you to be in a safe relationship." Keep the focus on her, not on her decision to stay in the relationship. "The problem with putting out a definitive statement like 'You should leave,' or 'He's no good,' is that relationships are complicated and if there are good things about the relationship, it's going to be difficult for the victim to walk away," says Miller. If the survivor decides to stay in the relationship, says Miller, she will likely not go confide in that same friend in the future who told her, initially, to leave.

"Most people feel paralyzed when someone brings up intimate partner violence. So, they don't act. This can leave a victim feeling like there's no one to turn to," says Miller. Remember that you don't need to necessarily fix the situation; just listen. "They're [the survivor] looking for someone to acknowledge that their situation is not OK. It sets up a counterpoint of view to the abusive partner who's trying to put them down and isolate them. The victim can then start to compare who really has their best interest at heart."

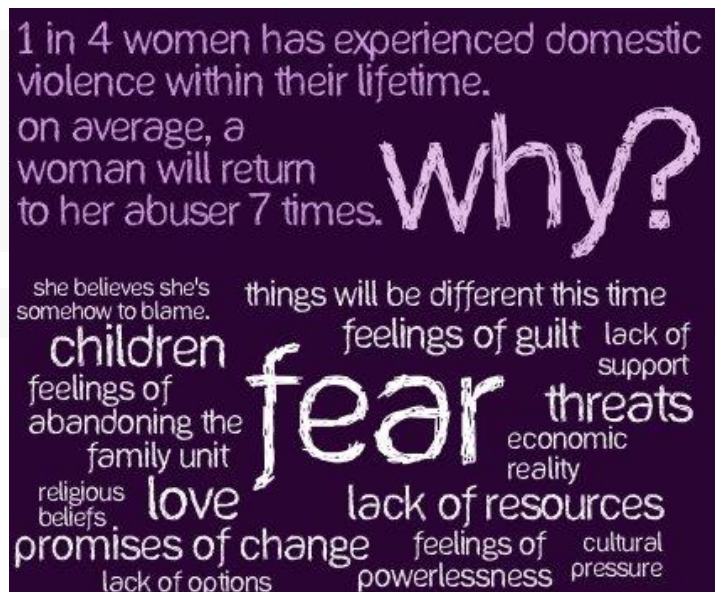
After listening, your next goal is to guide her to services that can help her, says Miller. Legal intervention, counseling or a shelter are good places to start. You can call 252-925-2500 to speak to someone that can help you find an advocate near you.

<https://www.domesticshelters.org/domestic-violence-articles-information/my-friend-told-me-she-s-being-abused#.VTZLY010zIW>

The National Domestic Violence

**HOTLINE**

1-800-799-7233 | 1-800-787-3224 (TTY)



## “Stand A Little Taller”

April is Sexual Assault Awareness Month. Some of the men in the county put on teal heels to help bring awareness of this issue and empower our communities in the fight against sexual victimization.

You will be able to view the photos and vote for your favorite “Standing A Little Taller” man by making a donation to Hyde County Hotline, Inc. A link will be posted on our webpage and the link will also be sent out for voting as soon as possible. All proceeds from this campaign will benefit victims and survivors of sexual victimization.



**THANK YOU TO ALL THE MEN WHO ARE  
“STANDING A LITTLE TALLER”**

### **How you can help...**

- \*\*Donate to our Thrift Stores – call us for pick-up of large items 252-925-2502 (all donations are tax deductible)**
- \*\* Tell others about us**
- \*\*Monetary donations are accepted: PO Box 335, Engelhard, NC 27824**

**We're on the Web!**  
**Visit us at:**  
**[www.hydecounthotline.org](http://www.hydecounthotline.org)**



## A CALL TO MEN

The Next Generation of Manhood

# SPORTS CULTURE:

Advancing Its Role in  
Domestic Violence and Sexual  
Assault Prevention

**National Conference**  
**September 10-11, 2015**  
Charlotte, North Carolina

### INTRODUCING OUR NATIONAL PARTNERS

Alliance for Hope International	Mentors in Violence Prevention
Asian & Pacific Islander Institute on Domestic Violence	Minnesota Indian Women's Sexual Assault Coalition
Becky's Fund	National Compadres Network
Center for the Studies of Men and Masculinities	New York Women's Foundation
Coach For America	NO MORE
Idaho Coalition Against Domestic Violence	North Carolina Coalition Against Domestic Violence
Institute on Domestic Violence in the African-American Community	North Carolina Coalition Against Sexual Assault
Joyful Heart Foundation	South Carolina Coalition Against Domestic Violence & Sexual Assault
Men as Peacemakers	Tewa Women United
Men Can Stop Rape	Women of Color Network
Men Stopping Violence	

SPONSORED BY CAROLINA PANTHERS



For more information, contact Danielle Erwin at [Danielle@acalltomen.org](mailto:Danielle@acalltomen.org)  
**WWW.ACALLTOMEN.ORG**

### OUR MISSION:

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.

**DOMESTIC VIOLENCE HOMICIDES IN NC**  
**from January 1 – April 18, 2015**  
**11 Murders**  
**[www.nccadv.org](http://www.nccadv.org)**

Want to learn more about being a  
Hyde County Hotline Crisis Line or  
Shelter Volunteer?  
Let us know. 252-925-2502

## A CALL TO MEN

Works to create a world where all  
men and boys are loving and  
respectful and all women and girls  
are valued and safe.

<http://www.acalltomen.org/>

## Interested in learning more...

- \* Call our office to have one of our staff do a presentation for your civic group or business
- \* Subscribe to our monthly newsletter
- \* Become a volunteer
- \* Ask about training that may be online or available nearby



### No change can happen without you!

Each of us must fight every day in whatever way we can so that every victim receives the services and support they need and their legal rights are protected. Whether it's making a donation, volunteering your time, or spreading the word, each of us can make a difference.

## Stalking resource center

### Media Literacy and the Social Normalization of Stalking Webinar

#### Presenter Biography

Thursday, May 14, 2015

2:00 p.m. - 3:30 p.m. ET

Stalking is a crime that is frequently minimized and misunderstood, in part because it is a behavior that is socially normalized. Media plays a critical role in shaping our understanding of stalking, and other forms of violence. Media literacy is a tool that we can all use to better deconstruct media and deconstruct the culture at large as we work towards building more effective violence response and prevention methods. Using media clips and examples, this webinar will introduce basic media literacy concepts and deconstruction questions that can be integrated into stalking, domestic violence, and sexual assault response and prevention programs, workshops, and daily conversations.

To register, go to the following link:

<https://victimsofcrime.nonprofitcms.org/c/conferences/1042/pages/overview>

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

Volunteers are vital to the organization's overall functioning and success.

Hyde County Hotline is a private, non-profit organization in Hyde County dedicated to promoting dignity, respect and safety at home resulting in safer communities. All proceeds from the thrift stores go to support the Hyde County Hotline mission. All donations are tax-deductible and tax donation forms will be mailed to you from Hyde County Hotline.